

# Acorn Squash



Acorn squash is a type of winter squash named for its acorn-like shape.

## Used in:

Soups, casseroles, or side dishes

## What does it taste like?

Acorn squash has a sweet, nutty, and buttery flavor. When cooked, its texture becomes creamy and tender.

## How do I store, save, and freeze it?

Store in a cool, dry place away from sunlight, best used within a month. If cut in advance, wrap or place in container and refrigerate up to five days.

**To Freeze:** pack cooked squash cubes, pieces or pulp in freezer-safe containers/bags, label and date, and use within 8 to 12 months.

## How do I prepare it?

1. Wash and scrub thoroughly to remove any dirt.
2. Prick squash with a fork and microwave it for 2-3 minutes to make it easier to prepare.
3. Cut off the stem—slice just below it rather than through it.
4. Cut the squash in half lengthwise, then scoop out insides. The seeds can be washed and roasted. The skin becomes tender once cooked and is edible, so there's no need to peel before cooking.
5. Prepare as your recipe calls for: in halves, cubed, diced, or thin wedges.



## How do I cook it?

**Microwave:** Season squash as desired. Place the halves cut-side down in a microwave-safe dish. Add two tablespoons of water and microwave on high for 6-8 minutes, or until the squash is tender and easily pierced with a fork.

**Oven:** Preheat the oven to 375°F. Place squash halves cut-side up in an oven safe dish or pan. Drizzle with olive oil, rubbing it over the entire surface, then season as desired and roast for 45-60 minutes. The squash should be caramelized and easily pierced with a fork.

**Seasoning ideas:** Sweet: maple syrup, brown sugar, cinnamon, honey, nutmeg, or orange juice. Savory: salt, pepper, parmesan cheese, parsley, garlic, paprika, or rosemary.

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*This guide has been adapted from the University of Rhode Island SNAP-Ed Program.*

## Recipes using Acorn Squash from SNAP-Ed NY:



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